

SUMMER COMFORT

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Will it consume more coal than last year? Or will it break down during the first "cold snap" and endanger the health of the family?

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Ten Combination Cruises to Spanish Main Area

An opportunity to take an unusual combination cruise, from 38 to 44 days duration, at an all-expense-included rate, leaving Montreal or Halifax with return to Boston or the alternate city, and touching at 21 different ports, is announced by Victor E. Elke, Passenger Traffic Manager of the Canadian National Steamships. These cruises, consisting of departures from Halifax with return to Boston or Saint John, N.B., in conjunction with Royal Netherlands Steamship Company, present one of the most delightful voyages ever offered to the public. They embrace two days sail on the inland waters of the scenic St. Lawrence River, a call at Bermuda, 12 calls in the British West Indies, and ports in Venezuela, Netherlands colony, Colombia, Panama and Costa Rica in Central America. Any one of these cruises include not only beautiful resorts in the British West Indies but also fascinating cities along the coast of South America and the Panama Zone. This territory was known as the Spanish Main in the old days of the buccaneers and still retains some of that glamor by a pleasing old-world charm and ancient relics, combined with more modern developments.

Leaving Montreal by a "Lady" cruise liner August 19, September 16, October 14, October 28 and Halifax November 26, the ship takes her course to Bermuda, the Bahama Islands and Jamaica. Then transfer is made to a Royal Netherlands ship to cover various attractive ports along the mainland coast of Central and South America, thence to Trinidad for transfer to a "Lady" liner for several other islands in the British West Indies and to Bermuda, before ending the return trip at Boston, or in the case of the sailing of November 26th, at Halifax.

For those commencing the cruise at Halifax, departures take place on a "Lady" liner September 24, October 8, November 5, December 3 and December 17 for Bermuda and ten tropical resorts in the British West Indies as far as Trinidad, where a whole week will be available for sightseeing the "Land of the Humming Bird". Transfer will then be made to the Royal Netherlands steamer for several South American coastal ports and to Jamaica. Here a "Lady" liner will be taken for the Bahama Islands and Bermuda before return to Montreal during the St. Lawrence River navigation, or later in the season to Boston or Halifax. These cruises cover practically the whole romantic Caribbean area which was a veritable cockpit among European nations struggling for supremacy in the early days and every port in that crystal sea has its own page in the history of war and conquest.

The personal property of Haile Selassie has been seized by Italian forces in Ethiopia. The royal palace as well as private property has been taken.

G. I. NUGENT, M. D.

333 BRUNSWICK STREET

Phone 808

FREDERICTON, N. B.

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F. O. B. FREDERICTON

LICENSE EXTRA

CAPITAL GARAGE

PHONE 206 FOR DEMONSTRATION

Interest to Women**HEAVEN FOR SEAFOOD LOVERS IS OFF THE COAST OF MAINE**

There is Where the Big Fish Stories Can Be Told and the Tellers Can Usually Back Them Up With Evidence

(By Edith M. Barber)

There are big fish stories up in Maine and some of them are true as I can vouch by the sight of my own eyes. This is tuna fish season and almost every day a huge fish and sometimes two or three came into the dock in the wake of a fishing boat, although not under its own power. When a huge black and silver fish was hoisted from the water, its weight would be guessed by the experts. The largest one tipped the scales at 660 pounds.

Fishing for tuna fish might almost be called hunting as a harpoon is used. To the harpoon is attached a rope and at the other end of which is a barrel which the fish carried with it out to sea with the boat in fast pursuit until the harpoon has finished its deadly work. The rope is then used to tow the fish many miles to shore.

At the dock the head, tail and fins are removed. The fish is cleaned with the help of a saw and an ax. It is then sent whole to city markets or may be sliced into steaks for local sale. The flesh is compared to veal, pork or chicken and is actually more nearly like meat than like other fish. On the Maine coast these dark tunas are generally known as horse mackerel.

After seeing so many of these enormous denizens of the Atlantic, I could almost believe fisherman Sinner's story about the disappearing island in the harbor which was found inside of a whale which came up the harbor the week before. I am not quite so sure, however, that when the island was found inside of that island was a man sawing wood! "That's the way 'tis it can't be any 'tizzer," according to my informer.

The mackerel, the salmon, the haddock and the hake were running while I was in Maine and every day the fishing boats pulled the seines and brought the catch to the fish-house on the wharf. It was sad to learn that 5,000 pounds of mackerel had to be returned to the sea for lack of a sale. The salmon were obliging enough to be plentiful so that we could have the traditional Fourth of July dinner which with boiled potatoes, new peas and ice cream is customary in New England.

If you would like to have a mess of harbor haddock, you need only cast your line, baited with clams, into the harbor, enough times to fill your pail. These fish weigh from half a pound to a pound and are good eating. While you may use a pole if you like, a line wound around a stick will do the work. While you may get a few crabs by the same method, you will probably prefer to buy the picked meat from the crabs which have been caught in traps. Maine crabs are somewhat different in appearance than the ones we find farther south along the coast. The shells are rougher. The meat, however, is sweet and tender. Crab salad and sandwiches are to be found at every eating place. If you want to make deviled crabs, you may ask for the shells when you buy the meat.

For seafood lovers, there is no better place to get your fill than Maine where the cold sea provides fish of such fine quality. For good measure, you may go inland for a few miles to one of the innumerable lakes where bass, pickerel and other fresh water fish abound.

THEY'RE ALL SAYING

that our place is noted for service and good food as well as entertainment!

MOONLIGHT INN

DUMFRIES, R. R. 2

Fish Chowder

3 slices salt pork, diced.
1 onion, sliced.
1½ cups raw potato cubes.
Flour.
Salt, pepper.
2 cups milk.
1 pound fish, cut into pieces for serving.
3 tablespoons chopped parsley.

Fry salt pork in a kettle, add onion and cook three minutes. Add the potatoes, dredge with flour, salt and pepper and cover with water. Cook until potatoes are tender, about ten minutes. Add milk, fish and parsley and bring to the boiling point. Serve hot with crackers.

Deviled Crabs

1 pound cooked crab meat.
4 tablespoons butter.
5 tablespoons flour.
1½ cups milk.
½ cup cream.
Salt, pepper.
Paprika.
1 teaspoon lemon juice.
12 crab shells.
1 cup buttered crumbs.

Look over crab meat. Melt butter, add flour and when blended add milk and cream slowly. Stir constantly and boil one minute. Season. Add lemon juice and crab meat. Fill crab shell with above mixture, cover with buttered crumbs and bake in a moderate oven, 375 Fahrenheit, until golden brown.

Norwegian Fish Sauce

1 cup hot white sauce.
2 egg yolks, beaten.
1 tablespoon lemon juice.
2 tablespoons butter.

When the white sauce is done, take from the fire and add slowly to the egg yolks. Add lemon juice drop by drop. Add butter cut in pieces. Beat one minute and serve at once.

Baked Haddock

3 pounds haddock.
2 cups bread crumbs.
½ small onion minced.
1 tablespoon minced bacon.
¼ teaspoon minced green pepper.
¼ teaspoon summer savory.
1-3 teaspoon salt.
Few grains pepper.
3 slices bacon.

Clean fish, mix crumbs, onion, minced bacon, green pepper and seasonings, and lay on the fish which should be dressed for broiling. Place a slice of bacon on this and fold over the fish so that the dressing shows. Place on rack in a baking pan, lay the remaining bacon on top of the fish and bake thirty minutes in hot oven, 450 Fahrenheit, basting occasionally in the fat in the pan.

Cucumber Sauce

1 cup sour cream.
Salt.
Paprika.
Vinegar.
Two cups sliced cucumbers.
One pimento.

Whip the cream, season to taste with salt, paprika and vinegar. Add the cucumbers and pimento, cut into thin strips. Sweet cream may be used if extra vinegar is used.

Tartar Sauce

1 cup mayonnaise.
2 tablespoons minced parsley.
2 tablespoons capers.
1 teaspoon minced onion.
2 tablespoons minced olives.
2 tablespoons minced sour pickle.

Mix in order given. Onion may be omitted.

STARTED WITH BOY SCOUT SHOWS, NOW ONE OF LONDON'S LEADING PRODUCERS

"Holborn Rover," producer of a succession of outstandingly successful Scout plays in London, including the recent "Boy Scout," which filled Albert Hall for four nights, has been revealed as Ralph Reader, author and producer of a long list of New York and London theatrical successes, and notable English movies. He was formerly a Boy Scout of the 2nd New-haven Troop, where he made his start with small Scout shows. He is now Rover Leader of the 10th Holborn Rover Crew.

MODERN KITCHEN ENERGY SAVER

Working Tables, Level With Sink and Range, Lighten Work—Cook's Quarters Are Getting Smaller.

Modern kitchens must be streamlined to economize the time and energy of the housewife, Miss Caroline Cecil declared in a lecture on modern kitchen planning at the Columbia University Summer Session.

"Location is the first fundamental of efficient planning," Miss Cecil said. "Modern kitchen planning revolves around the three basic working centers. The food preparation center co-ordinates the refrigerator, sink and counter space, with supply cabinets above and below. In the cooking and serving center, the range, serving counter and cabinets for pots, pans and serving dishes must all be very close together. Cabinets for dishes used most frequently should be convenient to the sink to comprise the cleaning center.

Gaps Filled In

"To be streamlined, a kitchen must have continuous level working space running around two or three walls of the room. Most old-fashioned kitchens have appliances against each of the four walls with empty spaces in between. But in well-designed kitchens any gaps between range, sink or other equipment must be filled by built-in, level working tables. Counters give twice as much working space.

"With all equipment on a level, for example, a pot of potatoes can be slid off the stove upon a counter, drained at the sink and put on another counter for mashing and adding butter and milk without lifting a pot. "Free wall space should be utilized for broom closets, dinettes—if the kitchen is large enough—or perhaps for a planning desk, where the housewife makes out her market lists, plans menus and keeps recipes."

Kitchen equipment is keeping pace with modern planning, Miss Cecil continued, pointing out that ranges, refrigerators and sinks are being designed to facilitate streamlining. The separate sink with a porcelain drain board is definitely outmoded, she asserted, and the sink is now being set into a long counter of wood or metal to provide continuous working space.

"Smaller kitchens have resulted from scientific planning," she added. "Even in large homes the trend is away from needlessly roomy kitchens. In very small apartments where there is not sufficient room for a dinette, a shelf can be built along about three feet of wall space and stools used luncheon-wise. This shelf can be table height or as tall as a bar, and can be used for breakfast or as a snack-bar at any time.

"A kitchen's atmosphere is almost as important in modern planning as the arrangement and choice of its equipment. In this connection, the floor and wall coverings, the lighting and the color scheme merit careful attention.

"Sheet rubber as a floor covering is comfortable under foot. Dark colors should be used on the floor, for light-colored floors are hard on people's eyes and nerves. Mottled designs are better than too sharply defined patterns.

Walls and Light

"As a wall covering ceramic tile is losing its popularity, particularly in city kitchens, because it does not absorb any noise, and the light shining on the tile gives off a disturbing glare. Washable wall paper is widely used, especially where the kitchen is wainscotted, the lower part frequently being painted. In addition to a central light for general use, bracket or cover lights for each working unit are necessary.

"To work out a pleasant color scheme is one of the most enjoyable tasks of kitchen planning. The style in color has definitely changed within the past few years. Then the demand was for colored ranges and refrigerators, but recently the trend has been toward all white equipment. It was found that colored finishes on various appliances did not quite match. With white as the base color and accent colors in curtains, canisters and towels, the color schemes can be changed more frequently."

As a good color plan Miss Cecil suggested dark or medium green walls, dark green mottled floor, white ranges, refrigerators and cabinets, and coral, yellow or flame accessories.

Kitchen designing services and kitchen clinics have rapidly increased in popularity within the last few years, Miss Cecil said. This work is done almost entirely by women, for women can best appreciate the housewife's problems. The motive behind scientific planning is increased efficiency, not merely to permit the housewife to spend as little time in the kitchen as possible, but to make her hours there restful and pleasant.

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"BADEN-POWELL SCOUTING" RECOGNIZED BY POLISH GOVERNMENT

By an announcement in the Statute Journal of Poland, the Polish Scout Union has been granted the exclusive privilege of conducting Scouting in that country. The announcement which gives effect to an "Ordinance of the Council of Ministers of April 8, 1936," describes the Scout Union as "an association of higher usefulness," and stipulates that the training shall be that "contained in the Scout method of Baden-Powell."

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